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An apparatus and method of transceiving a bit stream, by which a video bit stream is stably transmitted by the effective use of two logic channels when communication is established by the two logic channels during transmission of the video bit stream in a communication network, is provided. In this method, a source is encoded into a bit stream using a predetermined type of coding. Then, the encoded bit stream is transmitted to each communication protocol layer, while the header of each communication protocol layer is added to a payload. The header is transmitted separately from the bit stream.